

WAR AND THE FAMILY

War Recipes Reflect Household Economy

ALMOST every one has a treasured recipe of peculiar merit. Sometimes it is one where excellence is obtained at a small outlay. Such recipes are being sought to-day by housekeepers everywhere and some of the readers of this paper have offered to share their tested and true formulas with their housekeeping sisters.

The first instalment is given to-day of what may be termed war recipes, because they will be helpful to those who seek to practise true economy, providing nutritious and appetizing food at small cost, to save money for their own maintenance and for the helping of those who are in sore straits directly or indirectly due to the war.

A man sends in his mother's recipe with the following letter:—

"Of the many recipes that have been brought to my mother's attention she claims that none of them compares with the enclosed. As she has been making corn bread according to it for many years she ought to know, and as I have been eating it almost since I was born, which is going back some, I know exactly how good it is, either with butter or gravy or all by itself, either hot or cold. In fact, cut as she recommends, it is a 'square meal' all by itself."

"Corn bread is not the only thing she can make out of corn. She can make corn muffins, Johnny cake, hoe cake, Indian meal puddings, both baked and boiled; corn pudding, which is not, as its name suggests, a dessert, but a vegetable dish, and numerous others—in fact, she is 'some cook.'"

OLD FASHIONED CORN BREAD.

Three cups of cornmeal, one-half cup of flour, one level tablespoon of sugar, one level teaspoon of salt, two heaping teaspoons baking powder, one-half cup of shortening (lard or dripping). Mix all ingredients together with either milk or water, making a thick batter; pour into well greased pan, which should be very hot, bake in quick oven about thirty minutes, until dark golden brown.

When done cut in squares, split and serve with butter.

If real buttermilk is procurable, use instead of baking powder one teaspoon of baking soda to a pint of buttermilk.

This can also be baked on top of stove, either gas or coal, using an ordinary griddle, without a cover.

This corn bread is delicious, very healthy (especially good for dyspeptics) and very nourishing.

Approximate entire cost nine cents. Sufficient for four or five people at one meal.

Since writing the foregoing, I have picked up a copy of a newspaper devoted to the uplift and welfare of the working man. On its front page it is shouting about the necessity of conserving our food supply and how to combat the high cost of living.

Then they publish a lot of so-called economical recipes on another page. For whose amusement? It can't be for any benefit to any one, because if you will analyze them you will be unable to find one that is practical, cheap or suggests anything that would be of use to a housewife.

Just imagine a husky mechanic, for instance, coming home at his evening meal and getting a "lay-out" modelled on such recipes. I can see him bouncing the meatloaf off his wife's "bean."

Recipes like these are not what the people want, especially under the serious conditions that now prevail, or at any time, as they only encourage waste.

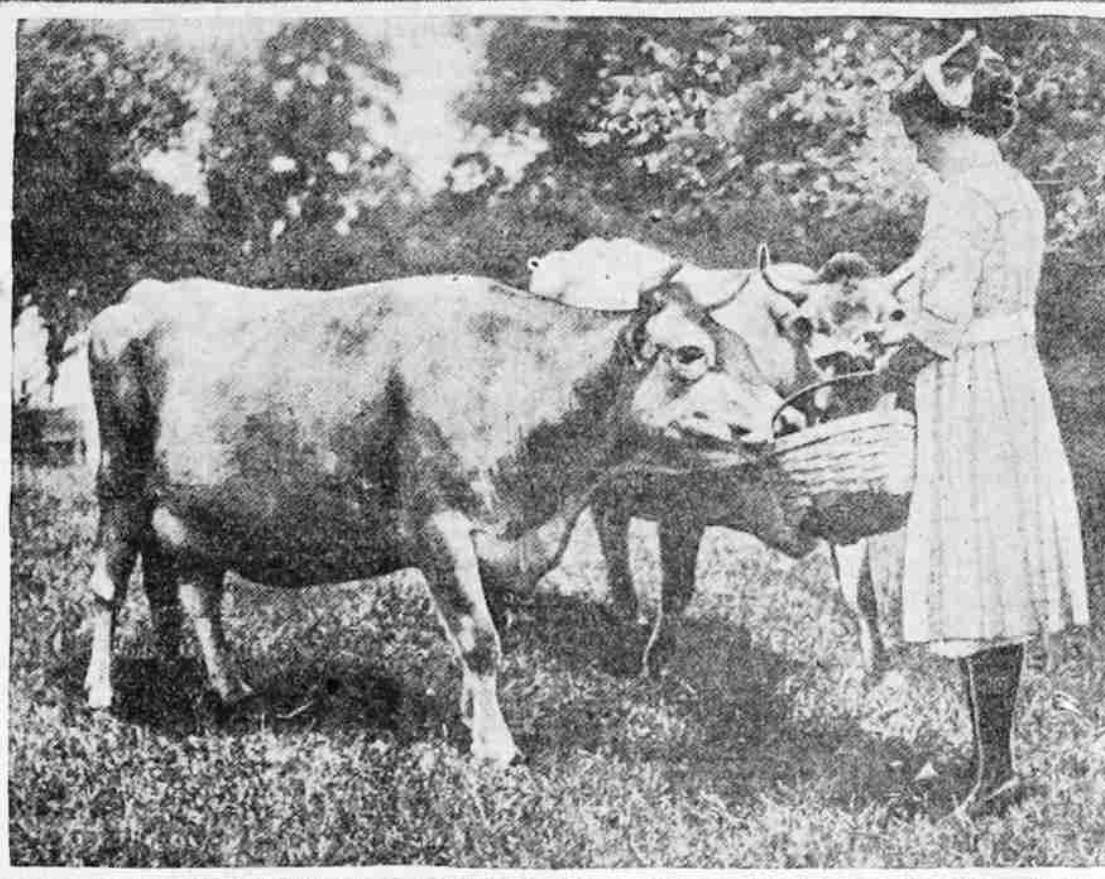
Why not teach the persons how to use the many valuable things that the average housewife has been in the habit of throwing away, such as the tops of beets, scallions, the green parts of cauliflower, cabbage, celery, &c., the waters in which vegetables and meats (corned beef and ham) have been boiled? Also how to use the cereals other than wheat. Many excellent dishes can be made from rice, rye, corn, and in its many forms (hominy, samp and cornmeal). You can make other things out of oatmeal besides porridge. There are numberless cooking recipes, good old U. S. A. ones and foreign ones, which if given to the public in an intelligent manner would prove a real benefit.

I am not connected with the hotel business or food trade in any way, but it is the duty of the press to educate the people. They never needed education so badly as they do now; neither were they ever in so receptive a mood as the present.

G. K. B.
Bluefish.—Fish is cheap and nourishing, and as this is the bluefish season a most delicious way of baking one is as follows:—Wash, salt and pepper the fish and stuff with a dressing made from dry bread, onions and thyme. Place the fish on a greased plate and put in a dripping pan. Fill pan with boiling water until the plate is half covered. Steam for a half hour, or until easily pierced by a fork. Cooked in this way there is no waste, for the fish slips from the plate perfectly whole. Garnish with sliced lemon and serve with parsley sauce.

AUGUSTA DANIELS.
Steamed Bread Pudding.—2 cups rolled stale bread, 1/2 cup molasses, 1/2 cup sour milk, 1/2 cup raisins and currants, 2 iron spoons flour, 2 iron spoons chopped suet,

LET THE CHILDREN HAVE PART IN THE FOOD CAMPAIGN.



CHILDREN are patriotic. They love to give evidence of their loyalty and enthusiasm. It can easily be impressed upon them that they can perform services which will help their country as truly as if they were able to shoulder guns and face the enemy at the front.

"The soldiers and their families must be fed," they can be told, "and you must do your part in getting enough food for them." Children who live in the country will gladly help with the poultry and other live stock on the place. In the first place they will speedily make pets of them and the next place they will tend them with the greater enthusiasm because of the added impulse of doing their part in the war.

Tell them that if they will take good care of the chickens, if they will feed the cows and pigs, if they will plant and weed in the garden, and if they will help to put up fruits and vegetables, some soldier will have more strength to fight and help win their war.

While the meat question is so important it has not been emphasized quite as much as the gardening necessity. Children all over the land have taken to gardening with wonderful avidity and praise should be meted out to them generously for their part in the food campaign.

Do not let their interest flag. Tell them that although they have done well to spade and rake and plant and cultivate, they must do more to insure plenty of good food for the people at home and for the hungry abroad. Let them gather the vegetables which they have grown and help with the others and pick berries and other fruits. Then initiate



them into the processes of preserving them for the winter. Make it a personal matter. A boy or girl will feel great

pride in containers of dried foods or jars of canned ones which bear his or her name and the date of putting up.

No child is too young to bear his share in the economy which all of us are having to practice for patriotic reasons, as

with water, using the water in which onion has been cooked. Pour into a

shallow baking dish and brown in oven. Lima Beans with Tomato Sauce.—2

cups lima beans, 2 cups tomato sauce, seasoning, bread crumbs. If dried limas

Raising Rents in Big Cities

IN the cities rents have been increasingly higher. Many will have to pay more next autumn or move. It makes a difficult problem for the family of limited means.

In the first place it is hard to find a house as good as the one occupied at a lower rental. Even if one that will do is found, it is expensive to move. If the raise in rental is small it may be cheaper to stay where one is. The pros and cons must be carefully balanced and then one must act accordingly.

One thing is being impressed upon the writer, who is one of those who have to move October 1 or pay \$7.50 a month more than the high price already being paid to the landlord. One does not need so many rooms as one is accustomed to think. The average family does not need a living room and a dining room. There is no reason why meals should not be served in the living room.

Where one does light housekeeping and takes a part of the meals out a separate kitchen is not necessary. A small gas stove and the other equipment for cooking may easily be screened off. On the other hand, if one wants home cooking, which one should have if there are children in the family, a well lighted, well equipped kitchen is one of the most essential rooms in the house.

If you have a good kitchen and have time to give to food preparation you can turn out meals that are twice as wholesome at half the price of those which are eaten in the average restaurant.

The main requirement of a bedroom is good air. The less furniture there is in it the better. It is better to have a cot in a living room where there is plenty of air available than to have the luxury of a bedroom where it is lacking.

Health, comfort, convenience, beauty—these are the essentials of a home. Comfort includes health promoting characteristics. Convenience consists not in the multiplicity of utensils, but in a few chosen especially for their adaptability. Beauty depends chiefly upon proportion, simplicity and color relations. Our small rooms have become too much "fussed up" for beauty, convenience or comfort. The present necessity for economy may be not without value if it prevents our adding more to the already too much of our homes.

Braided Rugs.

BRAIDED rugs are splendid for country houses, and they are not out of place in the city apartment or studio. They are extremely easy to make, and all sorts of old materials may be utilized in making them.

Left-overs from dresses and other garments and inexpensive remnants may be combined. It is best to use woollen pieces by themselves and cotton by themselves. A little silk may be combined with the wool, but it should be cut in thicker strips. In general the cotton strips also should be broader than the wool.

The strips should be braided evenly, one color by itself or bit and miss, as desired, and when enough have been braided they can be sewed in round or oval form to make a mat of the desired size. These rugs are not only effective in appearance but they are durable.

Wayside Vegetable Booth

ONE of the methods of getting fresh vegetables and fruits directly from producer to consumer is that which has been adopted to some extent during the last few summers and may well be extended in this year of unusual conditions.

Persons automobiling through the country have found by the wayside small boys and girls, and sometimes adults, offering corn freshly picked from the stalks; ripe tomatoes and freshly picked berries from an improvised stand. This method of marketing is a return to simple conditions. It benefits those who sell, who are saved the labor of packing and transportation, and those who buy, who get their products fresh and at a moderate price.

Not all of those who have planted generously this summer are going to be able to sell their crops through the regular channels. Large parts of them can be kept for winter use, but there will, in many cases, still be a surplus. To dispose of this will tax the ingenuity of the amateur farmer and gardener. One of the best methods is by private sale, either at an improvised booth by the roadside or to some accessible person who has not raised the things desired to be sold for himself.

Every one wants things fresh and cheap. Every one should be willing to sell his surplus for a reasonable price.

Conserving Fruits and Vegetables

LEST any one be affrighted by the sound of dehydration as applied to the preservation of foods, it should be remembered that it is only the modern way of speaking of what past generations referred to as drying. And the process need not necessarily require elaborate machinery. Every one employs some kind of heat in the preparation of the daily food. This can be utilized in drying fruits or vegetables for winter use.

We are now enjoying the results of the unusual garden industry of this year. Vegetables are abundant. Some have them from their own gardens and others can purchase them at small expense. None of the surplus should be wasted. This cannot be said too often nor laid too much to heart. At the present cost of glass jars and tin cans the housekeeper of small means cannot consider putting all of it up in that way. Moreover, those who live in small city apartments, even if they can afford it, have no room in which to store quantities of canned goods, and the temperature is not favorable to keeping them.

There remains the somewhat tedious, but economical and simple process of drying. New machines have been devised to meet the demand. Some are good and some are not quite so good, but any of them answer the purpose. Or you may use two pans, one of which will fit in the other and set them on a gas stove or coal range. The heat should be moderate and uniformly distributed. For that purpose water is placed in the lower pan. Care must be taken, however, that steam does not escape and retard the drying of the food. If placed on a gas stove the dryer or the gas should be turned as low as possible during the process of drying. If on a coal range the fire should be kept low.

The cheapest commercial dehydrator costs a little less than \$6 and is used in the same way. A piece of cheese cloth should be placed over the metal. Foods will take from two to eight hours to dry properly according to their characteristics and their method of preparation. Root stocks such as beets, carrots and potatoes take the longest time. Spinach, string beans and apples dry quickly. It is well to shred the string beans to facilitate their drying. Vegetables that are to be sliced should be made thin.

If the foods are steamed for from three to eight minutes before putting in the dryer they will retain their color and will cook more quickly in the winter when one is ready to use them. After they are steamed they should be well drained before being placed on the dryer.

If you do not want to use artificial heat and have an electric fan it may be made to do service by turning the draught on several trays containing the foods to be dried. This method will take three or four times as long, however, as the heat.

Save the paper bags that come from the grocery. They will be useful for holding the dried products, although the commercial paper containers look a little nicer. It is all a question of whether it is worth the money to you.

Fireless Cookers.

MANY persons think of the fireless cooker either as something difficult of mechanism or as a fad, and in either case not worth while. Now, anything that will help to dispense with fuel, which is getting more and more costly, for even a part of the time, is worth considering.

The fireless cooker will do this, and in its simpler forms almost any one can manufacture one. It is merely the application of a well known principle of physics. Heat may be maintained by the use of non-conductors.

Aside from the saving of fuel, the ability to prepare one's meal ahead of time and save the heat and soil of cooking with a fire is worth much to a woman who likes to look neat and well dressed, even if she does prepare her own meals.

A strong wooden box, a part of a barrel or a good sized pail may be the foundation for the fireless cooker. This should be lined with asbestos or heavy paper. An inner vessel of some kind also should be protected on the outside with asbestos, and there should be three inches space between the two. In this may be placed shredded newspapers, straw or excelsior. A pad or cushion should be made to fit the top, so as to keep out the air. A hot soapstone or brick is put in the bottom of the inner vessel before the one containing the food to be cooked is put in.

The object, of course, is to keep in the heat and to keep out the air; so the cushion must fit tightly and there should be a cover over it.

It should be understood that the fireless cooker merely maintains the heat; so that the food to be cooked should have been started and brought to the boiling point or its equivalent before being put in the cooker. If properly constructed it will keep hot a long time, and will turn out a well cooked meal, which never runs the danger of burning, and therefore does not have to be watched.

CORA H. DUNN.